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Am I a problem (Free Verse poetry– Menses in first person)

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Am I a problem?

by Bhumika Sharma

You know me as the rag, the crimson wave,

Aunt Flo, Flying the red flag and

most popularly as Problem.

I am a problem for those little girls who don't have anyone to ask /clear their doubts during

menarche and after,

I am not a problem, for menarchists around the world who are making efforts to spread
awareness steadily!

I am a problem for those who don't understand me,

No I am not a problem, in fact, am an indication of reproductive health!

I am a problem when taboos exist even as to talking about me,

I am not a problem, when people talk freely about me!

I am a problem for those who don't have access to means of hygiene,

No I am not a problem, in fact, I deserve proper sanitation facilities!

I am a problem for those who discriminate for religious misinterpretations,

No I am not a problem; no God ostracizes me or female undergoing me!

I am a problem for those who are prohibited from worshipping God,

No I am not a problem, No religion in reality prohibits it!

I am a problem for those who have to use rags, sand and tree leaves to absorb me,

No I should not be a problem if each woman gets hygienic menstrual absorbents!

I am a problem for those who hesitate to have physical relationship with their partners while I
am on,

No I am not a problem as medical studies prove it is not harmful to engage in sex while I am
on!

I am a problem for those who are forced to dry their period clothes in shade and have open
toilets.

I am not a problem if all have menstrual hygiene facilities!

I am a problem for those who consume hormonal drugs to stop me,

I am not a problem but misconception among females who don't know long term side-effects
of hormonal intake!

I am a problem for those who don't have access to proper nutrition and diet leading to painful
periods,

I am not a problem; rather I am the reason behind proper bodily functioning!

I am a problem for those having me who are stopped to touch family members ,

No I am not a problem; I don't make anyone untouchable and destructible!

I am a problem, and portrayed negatively by pharma companies who want to profit by
negating me,

I am not a problem, I am not blue, I don't need artificial accompanies!

I am not a problem; I am not a problem.

I don't want to continue being misunderstood and metaphored among the masses.

Let me breathe , let me rejoice.

I am not a problem for anyone of you.

I am Special; I don't expect being worshipped,
I only want acceptance as a natural process.
Call me periods or menses, not problem, not curse.
How can I harm? I am the one who form human lives.
If you can't love me, at least don't abandon me!
I am not a problem; I am not a problem,
How much and for how long I need to reiterate?
I am beauty and strength,
Don't feel cursed, don't make others feel cursed.
I am not a problem; I am not a problem!
Let me breathe , let me rejoice.

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